



Alton Local Food Directory



This is a list of over 40 vegetable box schemes, shops, market stalls and farm shops in and around Alton, all of which sell some *locally-produced*** food (or drink).

As well as contact and website details there is information about the range of products sold, packaging and delivery.

The encouraging thing is how many different outlets are selling local products, and the more they are used, the more they will stock. In Alton, the more support we can give to Alton town centre, the more it will thrive. Some of the out-of-town venues combine cafes, other retail outlets, farm trails and lovely areas to walk.

*** See back page for our definition.*

NAME	WEBSITE	LOCATION	TELEPHONE	PRODUCE	COMMENTS
VEG BOXES AND REGULAR DELIVERIES					
Riverford Organic	riverford.co.uk	Headquarters in Buckfastleigh, Devon, TQ11 0JU; Local management team based in Passfield, GU30 7SB	01803 227 227	Wide range of veg and fruit boxes; recipe boxes; meat boxes; eggs, milk and bread	DELIVERS Source direct from a range of growers and producers in UK and overseas. Option for a box which is UK origin only PACKAGING: Kept to a minimum, recyclable or returnable
Abel and Cole	abelandcole.co.uk	HQ is Wimbledon SW17 0HB. Various depots throughout the country in local places.	020 8944 3780 03452 62 62 62	Fruit and Veg, meat and fish, dairy, delicatessen, bakery, drinks, household, BBQ - a very wide range 100% organic food.	DELIVERS No air freight. They claim to save fuel by careful planning of routes. Reliable and helpful. PACKAGING: Mainly recycled cardboard, brown paper bags.
Farnham Community Farm (was Farnham Local Food)	farnhamcommunityfarm.com	Tongham Road, Farnham, GU10 1PJ		Veg bags to be collected weekly, grown on site at Farnham, pesticide-free vegetables, seasonal.	If low time of year may buy UK organic veg to supplement the veg bag. If you go away a friend may collect instead. PACKAGING: reusable jute bags
Milk&More	milkandmore.co.uk		0345 606 3606	Cream from Meon Valley, tomatoes from IoW, Somerset cheeses. Organic beer.	DELIVERS Aims to increase local supplies. PACKAGING: Milk and Yoghurt in glass containers
Milk Club	milk.club	Cheeks Farm, GU10 5HD	079681 14547	Milk, dairy, eggs, bakery, fruit & veg, groceries.	DELIVERS in electric vehicles. Suppliers are local or have good environmental products. PACKAGING: plastic-free
CCC's Fruit and Veg	facebook.com/CCCFruitandVeg	Alton	07881 930118	Veg and fruit boxes; some additional items	DELIVERS PACKAGING: Some plastic punnets, paper bags
The Local Veg Box People	thelocalvegboxpeople.co.uk	Greatham	01420 538902	Veg, fruit, salad and juicing boxes/bags and single add-on items; and eggs	DELIVERS Locally sourced fruit and vegetables as far as possible, also direct from Covent Garden. 'Order when you like for delivery when you want it' PACKAGING: plastic-free.

SHOPS					
Boxxfresh	boxxfresh.com	Titchfield	01329 846815	Small, medium, large and extra large Veg and fruit or veg only boxes; bread; dry goods; vegan dairy alternatives	DELIVERS Plant-based food, seasonal and fresh, some sourced locally PACKAGING: Fruit and veg. packaging-free.
Alton Co-op	stores.thesouthernco-operative.co.uk	Alton High Street	01420 541260	Tunworth cheese, Hampshire Honey from Froxfield, Hill farm juice, New Forest ice cream, Pickles from Petersfield, Ham from Southampton, Tea and snacks from Dorset.	Shelves for local dry goods, chiller cabinet for ham, dairy, cheese. PACKAGING: Compostable carrier-bags.
Four Marks Co-op	stores.thesouthernco-operative.co.uk	Winchester Road, Four Marks GU34 5HG	01420 561380	6 shelves of dry goods and cakes, chiller cabinet of local cheese, dairy, dips, ham, pies. All sourced less than 40 miles away. And frozen food cabinet	PACKAGING: Compostable carrier-bags.
Holybourne Shop	holybournestores@aol.com	130 London Road, Holybourne, GU34 4ES	01420 83323	Hampshire cheeses, wines, beer, bacon, vegetables including watercress from Arlesford, fruit. Hampshire bread, charcuterie..	
Joyce and Lucas	joyceandlucas.com	Alton, 78 High St, GU34 1EN	01420 82258	Tunworth cheese, chutney, honey, some beef, locally sourced	

NAME	WEBSITE	LOCATION	TELEPHONE	PRODUCE	COMMENTS
SHOPS Continued					
N.W.Read Butchers	facebook.com/nwreadbutchers	Lymington Bottom, Four Marks GU34 5EW	01420 562139	Home grown and local meats, local cheeses, pies etc	"I don't really know what food miles are, I just know I haven't got many." PACKAGING: Paper bags
The Brothers Bakehouse	brothersbakehouse.co.uk	Alton Lane, Four Marks	07971 410 303	Bread and pastries, flour & yeast	Local flour & other ingredients
Mill Farm Organic	millfarmorganic.com	Isington Rd, Isington, Alton GU34 4PN	01420 22331	Organic beef, lamb and pork raised on their farm. They buy in organic poultry from local farms plus dairy, bread, fruit, veg, herbs and other groceries.	Coffee shop, farm trails. More expensive than Riverford. Can supply meat box, average price £60 PACKAGING: Mostly paper or cardboard
Country Market	countrymarket.co.uk	Kingsley, GU35 0QP	01420 472486	Local fruit & veg. Locally brewed beers, cider, Jenkyn Place sparkling wine. New Forest ice cream, local cheeses, honey. Owtons family butchers	Also have plants and flowers, other clothing outlets, Cook products and restaurant
Avenue Nurseries Garden Centre	avenuenurseries.com	The Avenue, Lasham, GU34 5SU	01256 381648	Farm shop sells fruit and vegetables, milk and eggs. Vintage butchers.	Suppliers vary, some local PACKAGING: Use bags and recycled boxes that you help yourself to
Bowtells farm shop	bowtellfarmshop.co.uk	East Tisted, GU34 3QP	01420 588418	Mostly meat with dairy, cheese, tomatoes, ice cream, fruit juice all locally sourced..	Click & Collect on Saturdays
Newlyn's Farm shop	newlyns-farmshop.co.uk	Lodge Farm, North Warnborough RG29 1HA	01256 704128	Comprises butcher, delicatessen, fishmonger, Cheese room, groceries, greengrocery. Meat is raised on farmland around Upton Grey and butchered in house.	Pre-order and collect. Good sausages, and quiche. Cafe. Signposted from the footpath on the Basingstoke Canal as well as access from the Lord Derby roundabout. Cookery school and gift shop.
Blackmoor Farm Shop	blackmoorestate.co.uk	Blackmoor Estate, Blackmoor, Liss, GU33 6BS	01420 476003	Fruit and other local produce	Doesn't only sell apple trees!
Cassandra's Cup	cassandrascup.co.uk	The Hollies, Winchester Road, Chawton, GU34 1SB	01420 83144	Meat & Bread locally sourced, Mr Whiteheads Cider, Southampton eggs and dairy, Winchester cheese stall, Fish from Brixham Ready meals.	Order on-line for next day collection. Hoping to source dairy more locally.
Hampshire Cheeses	hampshirecheeses.co.uk	Scratchface Lane, Basingstoke, RG252TX	01256 381070, 07880 738 470	Artisan cheeses including Tunworth and Winslade, both made locally.	Cheeses made in Hampshire, Raymond Blanc says their camembert is the best in the world. Various outlets locally.
Meaty's Meat	meatysmeat.com	Avenue Nurseries, Lasham, GU34 5SU	07759 551 678, 01256381001	Meats, burgers, sausages, kebabs	Sourced locally, sells at particular times, see website or phone
West End Flower Farm	westendflowerfarm.com	Upper Froyle GU34 4JG	01420 767306	Flowers grown on the farm, veg, eggs, Hampshire cheese, local trout.	Open Wed - Sat, 9.30-3.30pm farm shop carries local produce. Cafe too. PACKAGING: No plastic
Allen Gallery shop	hampshireculture.org.uk	Church St, Alton GU34 2BW	01420 82802	Some local produce in their shop - eg honey, chutney, medlar jam.	Closed on Mondays. Cafe, and a lovely garden. Nearby Curtis Museum has similar products.
Naomi's preserves	naomispreserves.co.uk/		07765 891937	Jams, chutneys, award winning pesto, marmalades, jellies - all made with fresh ingredients.	Naomi normally sells at events but can take orders by email or phone, and does click and collect. PACKAGING: Glass jars - can return to Naomi
Fill Up	fillupstore.co.uk	15 High St, Alton, GU34 1FG The Shed, Sergeants Yard, Bordon GU35 0DJ		Dried goods, oils and vinegars, confectionary, seeds and nuts, cleaning products, toiletries.	Locally produced where possible, ethically sourced, zero waste PACKAGING: No plastic packaging. Fill your own containers

NAME	WEBSITE	LOCATION	TELEPHONE	PRODUCE	COMMENTS
SHOPS Continued					
Selborne Southdown Sausages	selbornesouthdownsausages.co.uk	Gaylands, Station Approach, Four Marks GU34 5HN		Pork Sausages, bacon, pork joints,	Family run, locally-reared pigs. info@
Pookle Farm Edible Flowers	pookles-farm-flowers.com	Worldham Hill, East Worldham, GU34 3AT	07795 212936	Edible flowers and herbs for weddings etc. supply local companies	Organic PACKAGING: eco-friendly packaging

ALTON MARKET - every Tuesday in Alton High Street					
The Cheese stall	thecheesestall.com	Winchester, SO230LD	01962 807220	Cheeses include Tunworth and Winslade from Herriard	
Sam Long's Vegetable and Fruit stall	samlongltd@outlook.com facebook.com/samlonglimited		07912 505 065	Fruit and vegs, local whenever possible	Has been in Alton market for 40 years.

HAMPSHIRE FARMERS MARKET - 2nd Saturday of the month in Alton High Street - at least 20% of produce must be sourced locally					
Mrs B's Bees	burtonbees.co.uk	Alton	07581 383379	Honey, candles, honeycomb	Lipscombe Rise - very local
Ambrose Farm Produce	ambrosesausages.co.uk		07979 024 268	Sausages, meat	
Godshill Orchards	godshillorchards.co.uk	Godshill, IOW		Cherries and apricots, jam	Farmers Mkt, June, July
Butler Country Estates	butler-country-estates.co.uk	Winchester	01962 658081	Smoked trout pate - 6 varieties	

HAMPSHIRE FARE DIRECTORY - Over 400 businesses in Hampshire producing and selling local produce					
	hampshirefare.co.uk			Over 400 businesses in Hampshire producing and selling local produce	Annual Hampshire Food Festival in July

BREWERIES AND DISTILLERIES					
Triple fff brewery	triplefff.com	Four marks, GU34 5HN	01420 561422,	Own brewed beer	DELIVERS (Limited) As well as their own beer, their onsite shop sells range of beer, wine, spirits etc.
Gorilla spirits	gorillaspirits.co.uk	Upton Grey	01420 446 175	Own distilled gin, vodka, liqueurs,	Mail order, stocked in Holybourne Store
Mr Whitehead's Cider Company	mr-whiteheads-cider.co.uk	Colemore, GU34 3PY,	01420 511733	Own made ciders, apple juice, perry, cider vinegar,	DELIVERS (Limited) Will also press your fruit and bottle your cider, beer or juice.
Jenkyn Place	jenkynplace.com	Bentley	01420 481581	Sparkling wine	Private functions, special events and tours
Gilbert White's Brewhouse	brewery@Gilbertwhiteshouse.org.uk	Selborne GU34 3JH		Beer	At Gilbert White's House, several traditional brews, as available

There are many advantages to buying local food products.

- Lower carbon footprint as it has not been transported over large distances
- Fresher and tastier
- Healthier with fewer preservatives, may be produced organically.
- Less packaging and waste
- Supports local shops and producers

It is important to consider seasonality as well as locality when food shopping.

For example, in winter it is more efficient to import Spanish tomatoes rather than grow them in British hothouses - but in summer British-grown tomatoes are much preferable.

Try to buy fruit and vegetables in season, and minimise air-freighting from distant countries where possible.

Thanks to ALFI and ACAN members who have helped to collect the data.

There are sure to be omissions and inaccuracies; to notify us of these please email: alfcommunity@gmail.com

An on-line version of this directory can be found on these websites:



altonlocalfood.org.uk



altonclimatenetwork.org.uk

*** 'Locally-produced' is a deliberately vague term as some foods, e.g. honey, can be produced in small quantities and very locally, while others need to be on a larger scale to be economic and are therefore distributed over a wider area.*